



DEPARTMENT OF HEALTH AND HUMAN SERVICES

September 17, 2009

Uma S. Ahluwalia
Director

Isiah Leggett
County Executive

Dear Parent/Guardian:

The Centers for Disease Control and Prevention is recommending that **everyone** get vaccinated this year against the seasonal flu and get vaccinated early. Seasonal flu vaccine is not the vaccine for H1N1 (swine flu) and will protect only against seasonal flu. Information about the H1N1 vaccine and the availability of community vaccination sites will be available later in the fall.

Because children get and spread flu, vaccination of children helps protect family members and others in the community. For elementary-age students, Montgomery County Department of Health and Human Services will offer seasonal flu vaccination in all MCPS elementary schools this fall. For middle and high school students, as well as adults, the following resources are available for **seasonal flu vaccination**:

- Your private health care provider is a resource for seasonal flu vaccine.
- Montgomery County Health and Human Services will conduct **seasonal flu** clinics on:
 - October 31, 2009, 10:00 a.m. – 2:00 p.m., at the Silver Spring Health Center
8630 Fenton Street, 10th Floor, Silver Spring, Maryland
 - November 5, 2009, 8:30 a.m. – 12:00 noon, at the Germantown Recreational Center
18905 Kingsview Road, Germantown, Maryland
 - November 12, 2009, 4:00 – 7:00 p.m., at the University of Maryland Shady Grove
9630 Gudelsky Drive, Building II, Rockville, Maryland
- Maxim Healthcare Services offers seasonal flu vaccine at locations in Montgomery County. To find the nearest vaccination site, go to www.findaflushot.com.
- Passport Health provides vaccinations for children and adults 6 months of age and older. Contact Passport at 301-408-4544 or go to www.passporthealthmetro.com.
- Adventist Healthcare provides vaccinations for adults 18 years of age and older. Call 301-315-3800 for more information.

Please keep in mind these general precautions for preventing flu and staying healthy - cover coughs and sneezes; wash hands frequently; and avoid touching your eyes, nose, or mouth. It is important to stay home when sick with flu-like symptoms (fever of 100°F or greater with a cough or sore throat). Children should be fever-free for 24 hours before returning to school. If you have questions, please contact your school nurse. For updated information on flu in our community, visit www.montgomerycountymd.gov/h1n1flu.

Sincerely,

Ulder J. Tillman, M.D., M.P.H.
Chief

Public Health Services